

Mah Na Mah Na

Count: 36

Wall: 2

Level: Improver

Choreographer: Sonja Hemmes (USA) - November 2017

Music: Mah Na Mah Na - Philharmonic Wind Orchestra, Marc Reift Orchestra & Marc Reift : (Album: Jerome Naulais Portrait, Vol. 3)



Start after 32 second introduction

LOCK STEP FORWARD RIGHT THEN LEFT WITH BRUSHES

1-4 Step right forward, step left behind right, step right forward, brush left

5-8 Step left forward, step right behind left, step left forward, brush right

ROCK FORWARD DIAGONALLY RIGHT THEN LEFT WITH HOLDS

1-4 Rock right forward diagonally, step on left, step right next to left, hold

5-8 Rock left forward diagonally, step on right, step left next to right, hold

STEP TOUCH, STEP TOUCH, STEP TAP, STEP TOUCH

1-2 Step right to right side, touch left next to right

3-4 Step left to left side, touch right next to left

5-6 Step forward on right, tap left toe behind right

7-8 Step left next to right, touch right next to left

ROCK BACK 1/2 TURN LEFT, HOLD, ROCK BACK, STEP, HOLD

1-4 Rock back on right, turn ½ to the left on ball of left, step right, hold

5-8 Rock back on left, step on right, step forward on left, hold

STEP RIGHT DIAGONALLY, DRAG LEFT NEXT TO RIGHT, TOUCH, STEP LEFT DIAGONALLY, DRAG RIGHT NEXT TO LEFT, TOUCH

1-2 Step right diagonally forward, drag left next to right, touch

3-4 Step left diagonally forward, drag right next to left, touch

****2 RESTARTS:**

***3rd rotation, after 20 counts you will be facing the 12 o'clock wall, Restart**

****8th rotation, after 28 counts facing the 6 o'clock wall, step on left instead of hold, Restart**

TAG: End of 1st rotation facing the 6 o'clock wall, after 36 counts, sway, sway